



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09001, Acerola, (west indian cherry), raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	91.41	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	134	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	7.69	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Minerals													
Calcium, Ca	mg	12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	7	--	3.470	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Copper, Cu	mg	0.086	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Selenium, Se	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	1677.6	80	44.711	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.309	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, DFE	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	38	--	10.831	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	767	--	216.610	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lipids													
Fatty acids, total saturated	g	0.068	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.016	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.082	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.081	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.090	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
18:2 undifferentiated	g	0.046	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.044	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Flavonoids													
Anthocyanidins													
Cyanidin ¹	mg	15.71	--	--	10.53	20.89	--	--	--	--	--	--	--
Pelargonidin ¹	mg	6.8	--	--	4.4	9.29	--	--	--	--	--	--	--
Flavones													
Apigenin ²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin ²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol ²	mg	1.1	--	0.26	0.9	1.2	--	--	--	--	--	--	--
Myricetin ²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin ²	mg	4.7	--	1.16	4.1	5.3	--	--	--	--	--	--	--

¹de Brito, E. S., de Araújo, M. C. P., Alves, R. E., Carkeet, C., Clevidence, B. A., and Novotny, J. A. Anthocyanins present in selected tropical fruits: Acerola, Jambolão, Jussara, and Guajiru., 2007 J. Agric. Food Chem. 55 pp.9389-9394

²Ribani, H. F., Huber, L. S., and Ridriguez-Amaya, D. B. **Flavonols in fresh and processed Brazilian fruits.**, 2009 J. Food Comp. Anal. 22 pp.263-268